



# Greater Bridgeport Senior Community Café

## February, 2015



1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hearty Vegetable Soup Unsalted Crackers Meatloaf Mushroom Gravy Whipped Potatoes Buttered Beets Multigrain Bread</p> <p>Tropical Fruit Cup</p>	<p>3</p> <p>Orange Juice Apricot Glazed Grilled Chicken Breast Stuffing California Blend Veggies</p> <p>Rye Bread</p> <p>Birthday Cake</p>	<p>4</p> <p>Spaghetti with Meatballs Parmesan Cheese Garden Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Pineapple Chunks</p>	<p>5</p> <p>Cranberry Juice L.S. Sliced Ham Mustard Glaze Sweet Potatoes Cauliflower with Red Pepper Wheat Bread</p> <p>Fresh Apple</p>	<p>6</p> <p>Pineapple Juice Sliced Turkey with Turkey Gravy Brown Rice Chuckwagon Vegetables</p> <p>Pumpnickel Bread</p> <p>Apricots</p>
<p>9</p> <p>Roast Beef Beef Gravy Baked Potato Spinach</p> <p>Potato Bread</p> <p>Mixed Fruit Cup</p>	<p>10</p> <p>Mushroom Barley Soup Unsalted Crackers Baked Fish with Lemon Pepper Sauce Rice Pilaf Steamed Broccoli</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup</p>	<p>11</p> <p>Salisbury Steak Onion Gravy Mashed Potatoes Green Peas</p> <p>Multigrain Bread</p> <p>Banana</p>	<p>12</p> <p>Orange Juice Eggplant Parmesan Ziti with Meat Sauce Italian Blend Vegetables</p> <p>Italian Bread</p> <p>Apricots</p>	<p>13</p> <p>Apple Juice Open Faced Turkey Sandwich with Turkey Gravy Stuffing Green &amp; Gold Beans Cranberry Sauce 12 Grain Bread</p> <p> <b>Valentine's Dessert</b></p>
<p><b>President's Day 16</b> <b>Closed</b></p> <p></p>	<p>17</p> <p>Cranberry Glazed Grilled Chicken Breast Couscous Winter Blend Veggies</p> <p>Dinner Roll Oatmeal Crème Pie (Little Debbie)</p>	<p><b>Ash Wednesday 18</b></p> <p>Escarole Bean Soup Unsalted Crackers Lasagna with Marinara Sauce Spinach</p> <p>Pumpnickel Bread</p> <p>Fresh Orange</p>	<p>19</p> <p>Grape Juice Turkey Noodle Casserole with Turkey, Noodles &amp; Cream Sauce Peas</p> <p>100% W.Wheat Bread</p> <p>Peaches</p>	<p>20</p> <p>Cranberry Juice White Fish Filet with Dill Sauce Harvest Rice Carrot Coins</p> <p>Rye Bread</p> <p>Pears</p>
<p>23</p> <p>Apple Juice Beef Stew Diced Potatoes Broccoli</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p>	<p>24</p> <p>Sliced Pork with Apple Cranberry Glaze Herbed Couscous Carrots</p> <p>100% Whole Wheat</p> <p>Cinnamon Applesauce</p>	<p>25</p> <p>Orange Juice Hamburger Beef Patty with American Cheese Potato Salad Hot, Buttered Beets Ketchup Hamburger Bun</p> <p>Rice Pudding</p>	<p>26</p> <p>Baked Grilled Chicken Orange Ginger Sauce Fried Rice Spinach</p> <p>Italian Bread</p> <p>Tropical Fruit Cup</p>	<p>27</p> <p>LS. N.E. Clam Chowder Unsalted Crackers Cheese Lasagna Geneva Blend Veggies</p> <p>Garlic Bread</p> <p>Citrus Sections</p>

